

WHAT IS CLAIMED IS:

1. A foot and ankle support comprising a boot element having an upper part configured to contain a lower part of a user's leg and the use's ankle and a lower part configured to contain at least part of the user's foot, the boot element providing a front opening and a pair of side flaps defining the opening, primary fastening means operable to draw the side flaps together and each side flap having at least one aperture positioned to form a pair of adjacent apertures when the side flaps are pulled together, and at least one first strap able to engage with one side flap and be passed through the or an aperture in the other side flap and returned to the first side flap for engagement therewith, and secondary fastening means to further secure the boot element.
2. A foot and ankle support as claimed in claim 1, wherein the side flaps have inner and outer surfaces, the first strap and the inner and outer surfaces having part fastening means thereon to enable the strap to be secured to the inner surface of one side flap, passed through the aperture in that side flap, looped through the aperture in the other side flap and be secured on the outer surface of the first mentioned side flap.
3. A foot and ankle support as claimed in claim 1, wherein a pair of apertures are provided on each side flap, one aperture being at or adjacent the upper part of the boot element and one aperture being at or adjacent the lower part of the boot element.
4. A foot and ankle support as claimed in claim 1, wherein the inner and outer surfaces of each side flap have the pile thereon of a pile and hook-fastening device, the hooks being provided on the strap.
5. A foot and ankle support as claimed in claim 1, wherein the secondary fastening means comprise two straps having a first end and a second free end, the first ends being affixed or affixable to the upper part of the boot element and each of said straps being affixed to extend forwardly and down and having a length to pass across the top of the foot, under the metatarsal region of the foot and diagonally back up to be fastened to the boot element, part fastening means being provided on the boot element and the straps.

6. A foot and ankle support as claimed in claim 1, wherein the first strap or straps can be positioned at a selected angle to the flap.